WE CLAIM:

1. A unit dosage form for the treatment of herpes simplex and conditions giving rise thereto, said unit dosage form comprising as active ingredients:

(a) a thiol-containing glutathione-increasing agent,

(b) an L-lysine-increasing agent,

(c) a glucosamine-increasing agent, and

(d) magnesium.

2. A unit dosage form in accordance with claim 1 in which said active ingredients are formulated as a substantially homogeneous tablet that releases all of said active ingredients into the stomach upon ingestion for contact with gastric fluid.

3. A unit dosage form in accordance with claim 1 in which:

(a) said thiol-containing glutathione-increasing agent is N-acetyl-L-cysteine,

(b) said L-lysine-increasing agent is L-lysine monohydrochloride,

(c) said glucosamine-increasing agent is 2-amino-2-deoxy-D-glucose, and

(d) said magnesium is in the form of magnesium ascorbate.

4. A unit dosage form in accordance with claim 1 in which:

(a) said thiol-containing glutathione-increasing agent is N-acetyl-L-cysteine in an amount ranging from about 80 mg to about 4000 mg,

(b) said L-lysine-increasing agent is L-lysine monohydrochloride in an amount ranging from about 150 mg to about 5000 mg,

(c) said glucosamine-increasing agent is 2-amino-2-deoxy-D-glucose in an amount ranging from about 75 mg to about 2500 mg, and

(d) said magnesium is in the form of magnesium ascorbate in an amount ranging from about 80 mg to about 3300 mg.

5. A unit dosage form in accordance with claim 4 in which said active ingredients are formulated as a substantially homogeneous tablet that releases all of said active ingredients into the stomach upon ingestion for contact with gastric fluid.

6. A unit dosage form in accordance with claim 5 further comprising as an active ingredient quercetin in an amount ranging from about 6 mg to about 300 mg.

7. A unit dosage form in accordance with claim 5 further comprising as an active ingredient selenomethionine in an amount ranging from about 0.04 mg to about 1 mg.

8. A unit dosage form in accordance with claim 5 further comprising as active ingredients quercetin in an amount ranging from about 6 mg to about 300 mg and selenomethionine in an amount ranging from about 0.05 mg to about 1 mg.

9. A unit dosage form in accordance with claim 2 in which

(a) said thiol-containing glutathione-increasing agent is L-2-oxothiazolidine-4-carboxylate in an amount ranging from about 80 mg to about 4000 mg,

(b) said L-lysine-increasing agent is L-lysine monohydrochloride in an amount ranging from about 150 mg to about 5000 mg,

(c) said glucosamine-increasing agent is 2-amino-2-deoxy-D-glucose in an amount ranging from about 75 mg to about 2500 mg, and

(d) said magnesium is in the form of magnesium ascorbate in an amount ranging from about 80 mg to about 3300 mg.

10. A unit dosage form in accordance with claim 2 in which

(a) said thiol-containing glutathione-increasing agent is N-acetyl-L-cysteine in an amount ranging from about 80 mg to about 4000 mg,

(b) said L-lysine-increasing agent is L-lysine monohydrochloride in an amount ranging from about 150 mg to about 5000 mg,

(c) said glucosamine-increasing agent is 2-amino-2-deoxy-D-glucose in an amount ranging from about 75 mg to about 2500 mg, and

(d) said magnesium is in the form of magnesium L-acetylcysteinate in an amount ranging from about 80 mg to about 3300 mg.

11. A unit dosage form in accordance with claim 2 in which

(a) said thiol-containing glutathione-increasing agent is N-acetyl-L-cysteine in an amount ranging from about 80 mg to about 4000 mg,

(b) said L-lysine-increasing agent is L-lysine monohydrochloride in an amount ranging from about 150 mg to about 5000 mg,

(c) said glucosamine-increasing agent is 2-amino-2-deoxy-D-glucose in an amount ranging from about 75 mg to about 2500 mg, and

(d) said magnesium is in the form of magnesium 2,N-thioctylcysteinate in an amount ranging from about 56 mg to about 2800 mg.

12. A unit dosage form in accordance with claim 2 in which

(a) said thiol-containing glutathione-increasing agent is N-acetyl-L-cysteine in an amount ranging from about 80 mg to about 4000 mg,

(b) said L-lysine-increasing agent is L-lysine monohydrochloride in an amount ranging from about 150 mg to about 5000 mg,

(c) said glucosamine-increasing agent is 2-amino-2-deoxy-D-glucose in an amount ranging from about 75 mg to about 2500 mg, and

(d) said magnesium is in the form of magnesium 2,N-thioctyltaurate in an amount ranging from about 50 mg to about 2500 mg.

13. A unit dosage form in accordance with claim 2 in which

(a) said thiol-containing glutathione-increasing agent is N-acetyl-L-cysteine in an amount ranging from about 80 mg to about 4000 mg,

(b) said L-lysine-increasing agent is L-lysine monohydrochloride in an amount ranging from about 150 mg to about 5000 mg,

(c) said glucosamine-increasing agent is 2-amino-2-deoxy-D-glucose in an amount ranging from about 75 mg to about 2500 mg, and

(d) said magnesium is in the form of magnesium taurate in an amount ranging from about 80 mg to about 3400 mg.

14. A unit dosage form in accordance with claim 2 in which

(a) said thiol-containing glutathione-increasing agent is N-acetyl-L-cysteine in an amount ranging from about 80 mg to about 4000 mg,

(b) said L-lysine-increasing agent is L-lysine monohydrochloride in an amount ranging from about 150 mg to about 5000 mg,

(c) said glucosamine-increasing agent is 2-amino-2-deoxy-D-glucose in an amount ranging from about 75 mg to about 2500 mg, and

(d) said magnesium is in the form of magnesium acetate in an amount ranging from about 175 mg to about 5800 mg.

15. A unit dosage form in accordance with claim 2 in which

(a) said thiol-containing glutathione-increasing agent is N-acetyl-L-cysteine in an amount ranging from about 80 mg to about 4000 mg,

(b) said L-lysine-increasing agent is L-lysine monohydrochloride in an amount ranging from about 150 mg to about 5000 mg,

(c) said glucosamine-increasing agent is 2-amino-2-deoxy-D-glucose in an amount ranging from about 75 mg to about 2500 mg, and

(d) said magnesium is in the form of magnesium citrate in an amount ranging from about 32 mg to about 1610 mg.

16. A unit dosage form in accordance with claim 2 in which

(a) said thiol-containing glutathione-increasing agent is N-acetyl-L-cysteine in an amount ranging from about 80 mg to about 4000 mg,

(b) said L-lysine-increasing agent is L-lysine monohydrochloride in an amount ranging from about 150 mg to about 5000 mg,

(c) said glucosamine-increasing agent is 2-amino-2-deoxy-D-glucose in an amount ranging from about 75 mg to about 2500 mg, and

(d) said magnesium is in the form of magnesium oxide in an amount ranging from about 50 mg to about 1600 mg.

17. A unit dosage form in accordance with claim 5 further comprising as an active ingredient zinc picolinate present in an amount ranging from about 7.1 mg to about 380 mg.

18. A unit dosage form in accordance with claim 5 further comprising as an active ingredient copper sulfate present in an amount ranging from about 0.40 mg to about 14 mg.

19. A unit dosage form in accordance with claim 5 further comprising as active ingredients zinc picolinate in an amount ranging from about 7.1 mg to about 380 mg and copper sulfate in an amount ranging from about 0.40 mg to about 14 mg.

20. A unit dosage form in accordance with claim 17 in which said zinc is in the form of zinc sulfate and is present in an amount ranging from about 3.7 mg to about 198 mg.

21. A unit dosage form in accordance with claim 17 in which said zinc is in the form of zinc dinicotinate and is present in an amount ranging from about 7.1 mg to about 380 mg.

22. A unit dosage form in accordance with claim 17 in which said zinc is in the form of zinc ascorbate and is present in an amount ranging from about 9.5 mg to about 500 mg.

23. A unit dosage form in accordance with claim 17 in which said zinc is in the form of zinc L-acetylcysteinate and is present in an amount ranging from about 9 mg to about 480 mg.

24. A unit dosage form in accordance with claim 17 in which said zinc is in the form of zinc L-lysinate and is present in an amount ranging from about 8 mg to about 435 mg.

25. A unit dosage form in accordance with claim 18 in which said unit dosage form is an oral dosage form and said Cu^{+2} is in the form of copper L-acetylcysteinate and is present in an amount ranging from about 1 mg to about 30 mg.

26. A unit dosage form in accordance with claim 8 further comprising as an active ingredient zinc picolinate in an amount ranging from about 7.1 mg to about 380 mg.

27. A unit dosage form in accordance with claim 8 further comprising as an active ingredient copper sulfate in an amount ranging from about 0.40 mg to about 14.0 mg.

28. A unit dosage form in accordance with claim 8 further comprising as an active ingredient zinc picolinate in an amount ranging from about 7.1 mg to about 380 mg and copper sulfate in an amount ranging from about 0.40 mg to about 14.0 mg.

29. A layered tablet for the treatment of herpes simplex and conditions giving rise thereto, said layered tablet comprising an immediate-release layer and a sustained-release layer, and comprising the following as active ingredients distributed

between said immediate-release layer and said sustained-release layer in the following approximate proportions expressed as relative weight percents:

	Immediate-Release Layer	Sustained-Release Layer
Magnesium L-ascorbate	40-60%	balance
2-Amino-2-deoxy-D-glucose	40-60%	balance
L-lysine monohydrochloride	40-60%	balance
N-acetyl-L-cysteine	40-60%	balance
Quercetin	40-60%	balance
L-Selenomethionine	100%	
Copper sulfate	100%	
Zinc picolinate	40-60%	balance

30. A layered tablet for use as an oral dosage form, said layered tablet comprising an immediate-release layer and a sustained-release layer, and comprising the following as active ingredients distributed between said immediate-release layer and said sustained-release layer in the following approximate proportions expressed as relative weight percents:

	Immediate-Release Layer	Sustained-Release Layer
Magnesium taurate	40-60%	balance
L-selenomethionine	100%	
2-Amino-2-deoxy-D-glucose	40-60%	balance
L-Lysine ascorbate	50-60%	balance
Copper sulfate	100%	
Zinc lysinate	40-60%	balance
N-acetyl-L-cysteine	40-60%	balance
Quercetin	40-60%	balance

31. A unit dosage form for the treatment of herpes simplex and conditions giving rise thereto, said unit dosage form comprising as active ingredients:

(a) a thiol-containing glutathione-increasing agent having the formula

RMX

in which:

R is a member selected from the group consisting of N-acetyl-L-cysteine, L-2-oxothiazolidine-4-carboxylate, N-2(-mercaptopropionyl)-glycine, and L-lysine,

M is a member selected from the group consisting of Mg^{+2}, Cu^{+2}, Zn^{+2}, and Se^{+2}, and

X is a member selected from the group consisting of hydroxide, halide, sulfate, acetate, ascorbate, and bis-ascorbate;

(b) an L-lysine-increasing agent,

(c) a glucosamine-increasing agent, and

(d) magnesium.

32. A unit dosage form for the treatment of herpes simplex and conditions giving rise thereto, said unit dosage form comprising as active ingredients:

(a) a thiol-containing glutathione-increasing agent having the formula

$$RMg^{+2}X$$

in which:

R is a member selected from the group consisting of cysteine, N-acetyl-L-cysteine, L-2-oxothiazolidine-4-carboxylate, N-2(-mercaptopropionyl)-glycine, and L-lysine, and

X is a member selected from the group consisting of hydroxide, halide, sulfate, phosphate, acetate, ascorbate, and bis-ascorbate;

(b) an L-lysine-increasing agent,

(c) a glucosamine-increasing agent, and

(d) magnesium.

33. A unit dosage form for the treatment of herpes simplex and conditions giving rise thereto, said unit dosage form comprising as active ingredients:

(a) a thiol-containing glutathione-increasing agent having the formula

$$RCu^{+2}X$$

in which:

R is a member selected from the group consisting of cysteine, acetylcysteine, N-acetyl-cysteine, L-2-oxothiazolidine-

4-carboxylate, N-2(-mercaptopropionyl)-glycine, and L-lysine, and

X is a member selected from the group consisting of hydroxide, halide, sulfate, phosphate, and acetate;

(b) an L-lysine-increasing agent,

(c) a glucosamine-increasing agent, and

(d) magnesium.

34. A unit dosage form for the treatment of herpes simplex and conditions giving rise thereto, said unit dosage form comprising as active ingredients:

(a) a thiol-containing glutathione-increasing agent;

(b) an L-lysine-increasing agent,

(c) a glucosamine-increasing agent,

(d) magnesium, and

(e) a complex having the formula

$$RZn^{+2}X$$

in which:

R is a member selected from the group consisting of cysteine, acetylcysteine, N-acetyl-cysteine, L-2-oxothiazolidine-4-carboxylate, N-2(-mercaptopropionyl)-glycine, and L-lysine, and

X is a member selected from the group consisting of hydroxide, halide, sulfate, phosphate, acetate, ascorbate, and bis-ascorbate.

35. A unit dosage form for the treatment of herpes simplex and conditions giving rise thereto, said unit dosage form comprising as active ingredients:

(a) a thiol-containing glutathione-increasing agent;

(b) an L-lysine-increasing agent,

(c) a glucosamine-increasing agent,

(d) magnesium,

(e) copper,

(f) zinc, and

(g) selenium,

at least one of (d), (e), (f), and (g) being in the form of a complex having the formula

$$R_nMX$$

in which:

R is a member selected from the group consisting of 2,N-thioctylcysteine, 2,N-thioctyllysine, and 2,N-thioctyltaurine,

n is 1 or 2,

M is a member selected from the group consisting of Mg^{+2}, Cu^{+2}, Zn^{+2}, and Se^{+2}, and

X is a member selected from the group consisting of hydroxide, halide, sulfate, acetate, ascorbate, and bis-ascorbate.

36. A unit dosage form for the treatment of herpes simplex and conditions giving rise thereto, said unit dosage form being an ophthalmic eyedrop dosage form comprising as active ingredients:

(a) ascorbic acid,

(b) 2-amino-2-deoxy-D-glucose,

(c) zinc sulfate, and

(d) L-lysine hydrochloride.

37. A unit dosage form in accordance with claim 36 in which the concentrations of said active ingredients are as follows:

(a) about 1.3 µg/mL to about 30 µg/mL of ascorbic acid,

(b) about 0.01 mg/mL to about 0.2 mg/mL of 2-amino-2-deoxy-D-glucose,

(c) about 0.06 µg/mL to about 8.5 µg/mL of zinc sulfate, and

(d) about 1.6 µg/mL to about 23 µg/mL of L-lysine hydrochloride.

38. A unit dosage form in accordance with claim 37 further comprising as an active ingredient copper sulfate in a concentration ranging from about 0.4 µg/mL to about 15 µg/mL.

39. A unit dosage form in accordance with claim 37 further comprising as an active ingredient heparin sodium in a concentration ranging from about 0.6 units/mL to about 8 units/mL.

40. A unit dosage form in accordance with claim 37 further comprising as active ingredients copper sulfate in a concentration ranging from about 0.4 μg/mL to about 15 μg/mL and heparin sodium in a concentration ranging from about 0.6 units/mL to about 8 units/mL.

41. A unit dosage form in accordance with claim 37 further comprising as an active ingredient N-acetyl-L-cysteine in a concentration ranging from about 0.02 mg/mL to about 0.5 mg/mL.

42. A unit dosage form in accordance with claim 37 further comprising as an active ingredient L-2-oxothiazolidine-4-carboxylate in a concentration ranging from about 0.02 mg/mL to about 0.5 mg/mL.

43. A unit dosage form for the treatment of herpes simplex and conditions giving rise thereto, said unit dosage form being an ophthalmic ointment or gel comprising as active ingredients:

(a) about 1.3 μg/mL to about 30 μg/mL of ascorbic acid,

(b) about 0.01 mg/mL to about 0.2 mg/mL of 2-amino-2-deoxy-D-glucose,

(c) about 0.06 μg/mL to about 8.5 μg/mL of zinc sulfate, and

(d) about 1.6 μg/mL to about 23 μg/mL of L-lysine hydrochloride.

44. A unit dosage form in accordance with claim 43 further comprising as an active ingredient copper sulfate in a concentration ranging from about 0.4 μg/mL to about 15 μg/mL.

45. A unit dosage form in accordance with claim 43 further comprising as an active ingredient quercetin in a concentration ranging from about 0.12 μg/mL to about 2.75 μg/mL.

46. A unit dosage form in accordance with claim 43 further comprising as an active ingredient heparin sodium in a concentration ranging from about 0.6 units/mL to about 8 units/mL.

47. A unit dosage form in accordance with claim 43 further comprising as active ingredients quercetin in a concentration ranging from about 0.12 μg/mL to about

2.75 μg/mL and heparin sodium in a concentration ranging from about 0.6 units/mL to about 8 units/mL.

48. A unit dosage form in accordance with claim 43 further comprising as active ingredients quercetin in a concentration ranging from about 0.12 μg/mL to about 2.75 μg/mL, heparin sodium in a concentration ranging from about 0.6 units/mL to about 8 units/mL, and N-acetyl-L-cysteine in a concentration ranging from about 0.02 mg/mL to about 0.5 mg/mL.

49. A unit dosage form for the treatment of herpes simplex and conditions giving rise thereto, said unit dosage form being a vaginal dosage form selected from the group consisting of vaginally appropriate suppositories, creams, tablets and gels, comprising as active ingredients:

(a) about 1.3 μg/mL to about 30 μg/mL of ascorbic acid,

(b) about 0.01 mg/mL to about 0.2 mg/mL of 2-amino-2-deoxy-D-glucose,

(c) about 0.06 μg/mL to about 8.5 μg/mL of zinc sulfate, and

(d) about 1.6 μg/mL to about 23 μg/mL of L-lysine hydrochloride.

50. A unit dosage form in accordance with claim 49 further comprising as an active ingredient copper sulfate in a concentration ranging from about 0.4 μg/mL to about 15 μg/mL.

51. A unit dosage form in accordance with claim 49 further comprising as an active ingredient quercetin in a concentration ranging from about 0.12 μg/mL to about 2.75 μg/mL.

52. A unit dosage form in accordance with claim 49 further comprising as an active ingredient heparin sodium in a concentration ranging from about 0.6 unit/mL to about 8 units/mL.

53. A unit dosage form in accordance with claim 49 further comprising as an active ingredient quercetin in a concentration ranging from about 0.12 μg/mL to about 2.75 μg/mL and heparin sodium in a concentration ranging from about 0.6 unit/mL to about 8 units/mL.

54. A unit dosage form in accordance with claim 49 further comprising as an active ingredient quercetin in a concentration ranging from about 0.12 μg/mL to about 2.75 μg/mL, heparin sodium in a concentration ranging from about 0.6 unit/mL to about 8 units/mL, and N-acetylcysteine in a concentration ranging from about 0.6 units/mL to about 8 units/mL.

55. A unit dosage form for the treatment of herpes simplex and conditions giving rise thereto, said unit dosage form being a mucosal dosage form selected from the group consisting of vaginally appropriate suppositories, creams, tablets and gels, comprising as active ingredients:

(a) ascorbic acid,

(b) 2-amino-2-deoxy-D-glucose,

(c) zinc sulfate, and

(d) L-lysine hydrochloride.

56. A unit dosage form in accordance with claim 55 in which the concentrations of said active ingredients are as follows:

(a) about 1.3 μg/mL to about 30 μg/mL of ascorbic acid,

(b) about 0.01 mg/mL to about 0.2 mg/mL of 2-amino-2-deoxy-D-glucose,

(c) about 0.06 μg/mL to about 8.5 μg/mL of zinc sulfate, and

(d) about 1.6 μg/mL to about 23 μg/mL of L-lysine hydrochloride.

57. A unit dosage form in accordance with claim 55 further comprising as an active ingredient copper sulfate in a concentration ranging from about 0.4 μg/mL to about 15 μg/mL.

58. A unit dosage form in accordance with claim 55 further comprising as an active ingredient heparin sodium in a concentration ranging from about 0.6 units/mL to about 8 units/mL.

59. A unit dosage form in accordance with claim 55 further comprising as active ingredients copper sulfate in a concentration ranging from about 0.4 μg/mL to about 15 μg/mL and heparin sodium in a concentration ranging from about 0.6 units/mL to about 8 units/mL.

60. A unit dosage form in accordance with claim 55 further comprising as an active ingredient N-acetyl-L-cysteine in a concentration ranging from about 0.02 mg/mL to about 0.5 mg/mL.

61. A unit dosage form in accordance with claim 55 further comprising as an active ingredient L-2-oxothiazolidine-4-carboxylate in a concentration ranging from about 0.02 mg/mL to about 0.5 mg/mL.

62. A unit dosage form for the treatment of herpes simplex and conditions giving rise thereto, said unit dosage form being a topical dermal dosage form selected from the group consisting of topical lotions, gels, creams, and emulsions, comprising as active ingredients:

(a) ascorbic acid,

(b) 2-amino-2-deoxy-D-glucose,

(c) zinc sulfate, and

(d) L-lysine hydrochloride.

63. A unit dosage form in accordance with claim 62 in which the concentrations of said active ingredients are as follows:

(a) about 1.3 μg/mL to about 30 μg/mL of ascorbic acid,

(b) about 0.01 mg/mL to about 0.2 mg/mL of 2-amino-2-deoxy-D-glucose,

(c) about 0.06 μg/mL to about 8.5 μg/mL of zinc sulfate, and

(d) about 1.6 μg/mL to about 23 μg/mL of L-lysine hydrochloride.

64. A unit dosage form in accordance with claim 63 further comprising as an active ingredient Cu^{+2} in a concentration ranging from about 0.15 μg/mL to about 15 μg/mL.

65. A unit dosage form in accordance with claim 64 further comprising as an active ingredient quercetin in a concentration ranging from about 0.12 μg/mL to about 2.75 μg/mL.

66. A unit dosage form in accordance with claim 65 further comprising as an active ingredient heparin sodium in a concentration ranging from about 0.6 unit/mL to about 8 units/mL.

67. A unit dosage form in accordance with claim 66 further comprising as an active ingredient D,α-tocopherol in a concentration ranging from about 16 μg/mL to about 1600 μg/mL.

68. A unit dosage form in accordance with claim 67 in which said D,α-tocopherol is in the form of D,α-tocopherol nicotinate in a concentration ranging from about 19 μg/mL to about 2600 μg/mL.

69. A unit dosage form in accordance with claim 67 in which said D,α-tocopherol is in the form of D,α-tocopherol succinate in a concentration ranging from about 19 μg/mL to about 2500 μg/mL.